

Ivory Coast Bananas with Caramel Sauce

Rating: ★★★★★

Makes: 12 servings

Ingredients

6 bananas (large)
 6 **tablespoons** butter
 1 **cup** sugar
 1/2 **cup** evaporated milk, skim
 2 **teaspoons** cornstarch, dissolved in 2 teaspoons water

Directions

1. Preheat oven to 400 degrees. Place unpeeled banana on a baking sheet. Prick the skin of each banana several times with the prongs of a fork. Cook the bananas for about 8 minutes. The skin will turn black.
2. Over moderate heat, cook the butter, water and sugar to a medium brown color (it will look like caramel). Remove from heat.
3. Combine the milk, cornstarch slurry to the caramel mixture. Stir to dissolve.
4. Return to the heat and bring to a boil, stirring constantly.
5. Remove from heat and cool slightly.
6. Serve on top of the bananas that have been peeled and sliced lengthwise.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	100	
Total Fat	4 g	6%
Protein	2 g	
Carbohydrates	13 g	4%
Dietary Fiber	3 g	12%
Saturated Fat	0.5 g	3%
Sodium	180 mg	8%